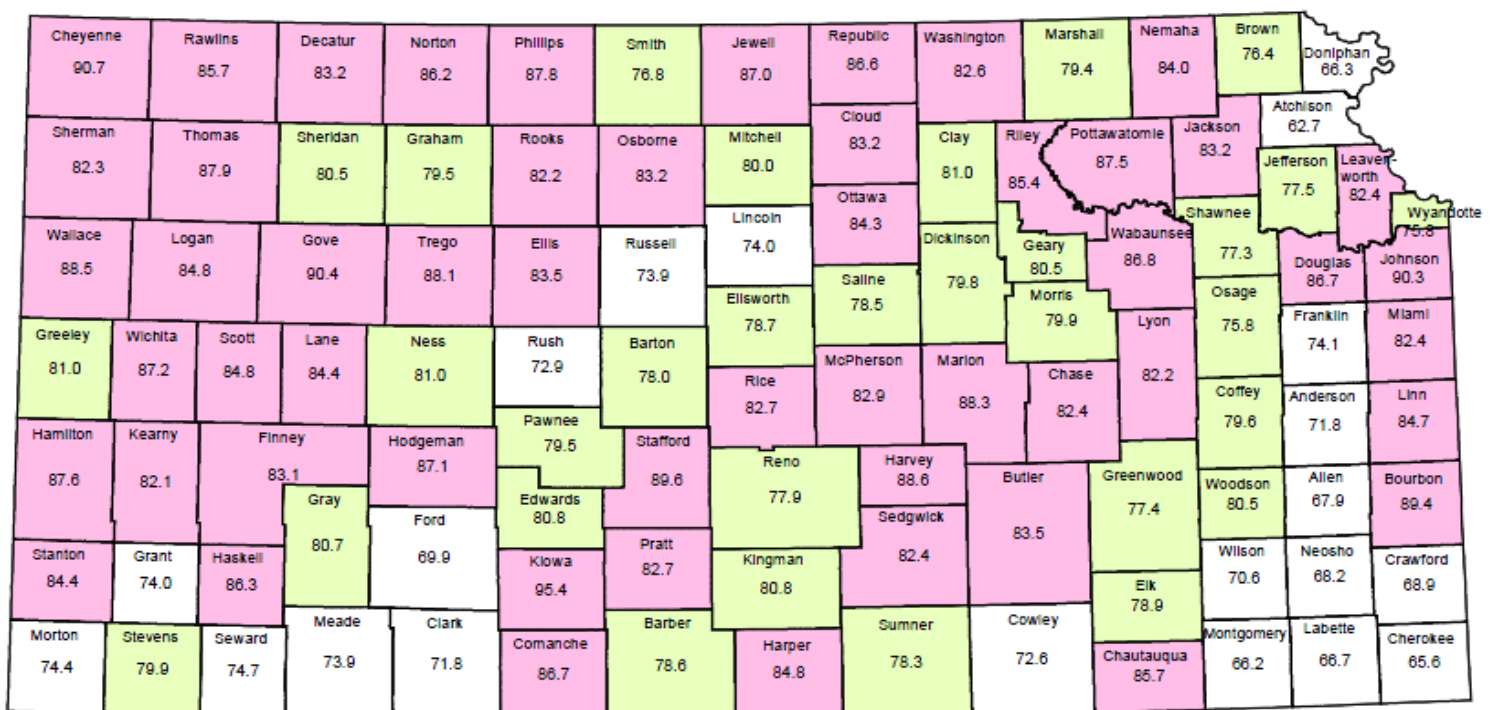




Breastfeeding E-News

Kansas Breastfeeding Initiation—Kansas Birth Certificate Data 2011-2013

Percent of Live Births by Initiation of Breastfeeding* by County of Residence Kansas, 2011-2013



Long Term Effects of Breastfeeding—A Systematic Review

The World Health Organization commissioned a review and meta-analysis on the long-term consequences of breastfeeding on overweight and obesity, blood pressure, diabetes and intelligence looking at research since 2007. Many studies show that breastfeeding substantially lowers the risk of death from infectious diseases in the first two years of life. This report's purpose was to look at the long-term effects of breastfeeding. Here is a brief summation of the findings. For more information about methods, results and conclusions read the report at www.who.int.

The analysis found that breastfeeding is associated with about a 10 percent reduction in overweight and obesity and provides a small protective effect on systolic blood pressure through young adulthood. There were no results showing a long-term effect of breastfeeding on blood lipids in adults. Evidence suggests that there is a protective effect against type-2 diabetes, particularly among adolescents. Breastfeeding was also associated with increased performance on intelligence tests in childhood and adolescence of three and one-half points on average. Maternal IQ is an important confounder, but it accounts for only part of this association—even among those studies that adjusted for maternal intelligence, breastfeeding was associated with an additional two and one-fifth IQ points increase. One Brazilian study suggests that breastfeeding is associated with achieved schooling in adolescents. The meta-analysis suggests that benefits are larger for children and adolescents suggesting a gradual decrease of effect over time.

In the News

- Dr. Todd Wolynn, the Chief Executive Officer of the National Breastfeeding Center, was a featured speaker at the Kansas Health Summit on Breastfeeding in September 2014. Dr. Wolynn presents around the country about the importance of breastfeeding often using his own drawings including stick figures. Read his article [Breastfeeding—So Easy Even a Doctor Can Support It](#) and view him presenting at [Leadership Pittsburgh, PA](#).
- A review of forty-one publications looked at [Alcohol and Breastfeeding](#) in *Basic and Clinical Pharmacology and Toxicology*. Alcohol should never be used by women during pregnancy and these authors conclude that the effects of long-term exposure to alcohol remains unknown but that occasional drinking while breastfeeding has not been convincingly shown to adversely affect nursing infants. In conclusion the review states that special precautions for lactating women are not necessary although lactating women should follow standard recommendations on alcohol consumption—no more than one U.S. standard drink daily. The National Institute of Health defines one U.S. standard drink as one twelve-ounce beer or cooler, one five-ounce glass of wine, and one and one-half ounce of eighty-proof hard liquor in a mixed drink. Find more information for mothers [here](#). (article titled [Everyone Drink Up](#) at www.slate.com)
- Research continues on the effect of breastfeeding on infant and adult health. One interesting study titled [Breastfeeding Duration and Weight Gain Trajectory in Infancy](#) from Cornell University suggests that infants at the highest risk for excess weight gain appear to benefit the most from longer breastfeeding duration. The study shows that “Infants who breastfed for two months or less were two and one-half times more likely to add weight rapidly, compared to similarly high risk children who breastfed longer.”
- Womenshealth.gov provides resources for working mothers who are breastfeeding.



Thought for the Day

“Breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and development. Virtually all mothers can breastfeed, provided they have accurate information, and the support of their family, the health care system and society at large.” World Health Organization

